

DINNERLY



Low-Cal Indian Lamb Meatball Salad

with Roast Samosa Potatoes and Spinach



35 minutes



2 Servings

Dive into low-cal Indian flavours with this scrumptious salad. Toss golden roast potatoes with salad veg, then top with juicy lamb meatballs. Yes, please!

WHAT WE SEND

- 1 potato
- 1 red onion
- 1 Lebanese cucumber
- 5g vadouvan curry powder ¹⁷
- lamb mince
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 1¼ tbs vegetable oil
- 2 tsp white vinegar
- 1 tsp honey

TOOLS

- oven tray
- baking paper
- vegetable peeler
- medium frypan

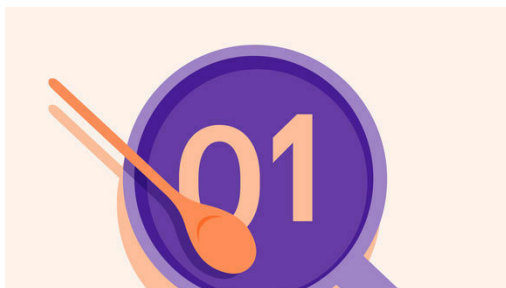
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

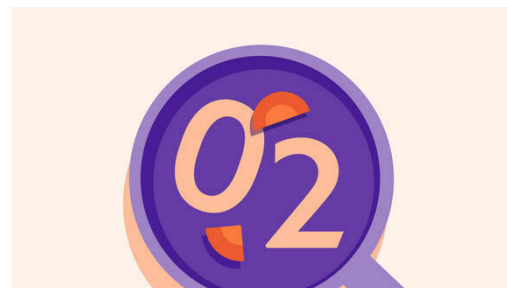
NUTRITION PER SERVING

Energy 455kcal, Fat 24.4g, Carbs 25.3g, Proteins 31.0g



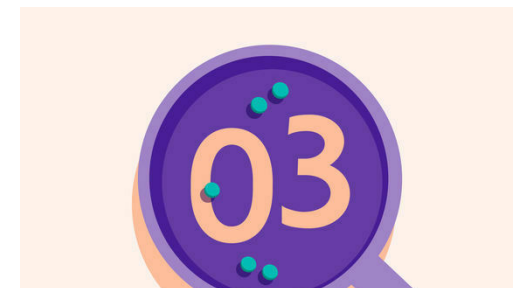
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled potato** into 4cm chunks. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Peel the **cucumber**, then peel into ribbons with a vegetable peeler.



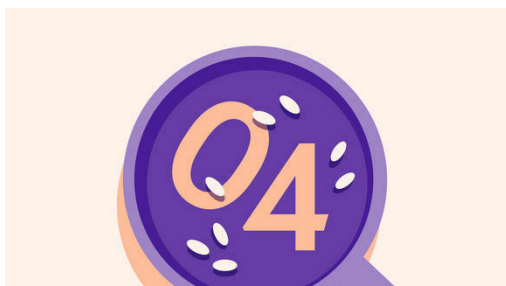
2. Roast potato

Put the **potato** on the lined tray. Drizzle with **2 tsp vegetable oil**, scatter with **half the curry powder** and toss to coat. Roast for 25 mins or until tender. Meanwhile, combine **2 tsp white vinegar** and **1 tsp honey** in a large bowl. Add the **onion** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



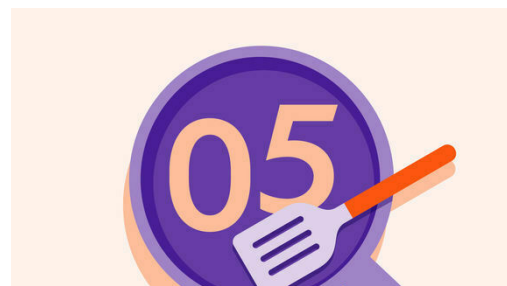
3. Shape and cook meatballs

Put the **lamb mince**, **garlic** and **remaining curry powder** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into walnut-sized balls. Heat **1 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 3-4 mins until browned and cooked through. Remove the pan from the heat.



4. Toss salad

Add the **cucumber**, **roast potato**, **spinach** and **2 tsp vegetable oil** to the pickled onion and toss to combine.



5. Serve up

Divide the **salad** among bowls, top with the **meatballs** and enjoy!



6. Make it yours

If you have some on hand, drizzle some plain yoghurt over the salad.